

HOW TO SAVE YOUR EYES

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AMERICAN FOUNDATION
FOR THE BLIND INC.

HOW TO SAVE YOUR EYES

Properly Shaded
Lamps Keep the
Glare Out of the
Reader's Eyes and
Throw the Light on
the Book

TWENTY-FIVE million of the 42,000,000 men and women in America who are gainfully employed have defective eyesight, which, added to poor lighting, is causing at least 100,000 of them to lose their positions each year, according to recent surveys. Insurance statistics traced 91,000 accidents to poor light and bad eyes last year, with a loss to the workers involved of 3,000,000 productive days.

Scientific lighting is one of the youngest engineering subjects, and despite rapid advances since the invention of improved electric lights back around 1908, the Eyesight Conservation council of America finds there are not only thousands of factories and offices still poorly lighted, but far more homes.

The investigators also have discovered that poor lighting is as often the result of too much light as of too little, a condition made possible by the high candle-power of electric lights. The chief source of poor lighting is the use of unshaded electric globes, casting a glare directly into the eyes.

The survey also shows that of the 24,000,000 school children of the country 6,000,000 have defective eyes, and that a large portion of them are studying under

conditions that are bound to prove injurious, in later life if not now.

The alarming increase in defective eyesight is due to "old eyes and new times," according to Dr. Charles W. Crankshaw, infirmary director at the home office of a great insurance company. Human eyes are old-fashioned, he explains, because they were adapted to comparatively feeble artificial light, and have not changed to meet the demands of modern life. The eye also was adapted by nature for work in the open, seeing things at a distance, and not for the close application required in modern factories and offices.

Of the 2,000,000 industrial accidents that occur annually the number of eye injuries is put at 200,000, and in many states special compensation is provided for the loss of an eye, while most insurance policies make extra provision for blindness.

"The eye is about the most sensitive and delicate organ of the body," Dr. Crankshaw says, "and yet it is probably the most abused. In educational institutions and in industrial plants, every effort is made to protect and preserve the eyesight of the public. Yet the individual members of the public, the persons upon



Here Is a Candidate for Glasses Before He Reaches Manhood; Light in Front of Him Is Reflected from Paper into His Eyes; Always Shade an Electric Globe



whom the suffering will fall, are often shamefully careless. There is little excuse for poor lighting in the home now. The fault is generally in the habits of the individuals.

"They read or work either in an inadequate light or in a strong glare. They are indifferent as to whether the light shines into their faces or comes from behind and above, as it should. When such persons suffer from headache and nausea, they rarely connect the disturbance with their eyes. They blame it on indigestion and probably subject their stomachs to a dose of some strong remedial medicine,

thereby creating a disorder that formerly did not exist."

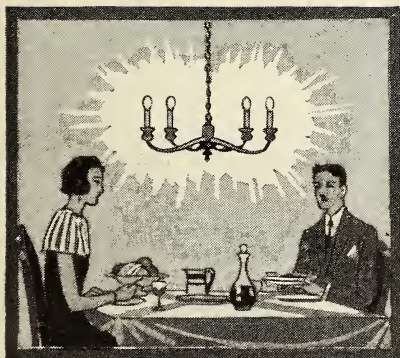
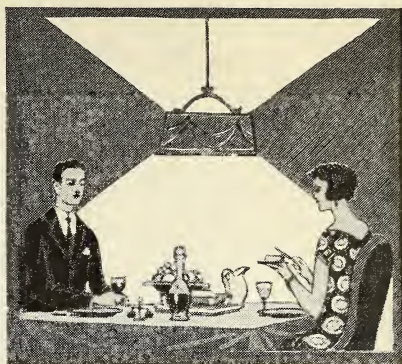
The Eyesight Conservation council ascribes much of the poor home lighting to the failure of owners to change their electrical equipment to keep pace with the development of the science of lighting. Old-fashioned chandeliers, which provided gas jets in case the electrical system failed, are still in use, throwing the glare directly down, instead of reflecting and diffusing the light from the ceiling and walls.

"One of the most common evils found in home lighting," the council says, "is the bare lamp, usually so low as to be directly in the line of vision, causing eyestrain, and at the same time giving poor illumination. There are specially designed fixtures for correcting not only this condition but also the many other objectionable features of the old-style equipment.

"Where the present installation does not provide sufficient light, portable lamps in great variety are available and can be used advantageously. Floor lamps, table lamps and small ornamental lamps, in addition to augmenting the light, are appreciated by the householder because of their



A Lesson in Hanging Chandeliers; Note How the Upper Position at the Left Would Throw Rays into the Faces of Persons Seated at the Table, While the Lower Light Protects the Eyes but Obstructs the View; at Right, a Correctly Hung Light Illuminates the Ceiling Too



Unshaded Lamps, at the Left, Produce an Unpleasant Glare, While at the Right the Same Four Lamps, Correctly Shaded, Focus Their Beams on the Table; Proper Lights and Shades Are Available for Every Room of the House, So There Is No Need of Risking the Eyesight

Reading Lamps Should Illuminate the Whole Paper or Book and Be So Placed as Not to Throw the Reader's Shadow on the Reading Matter; at Right, a Properly Placed Lamp of the Right Height Casts Its Rays over the Shoulder, Throwing the Shadow Off to One Side

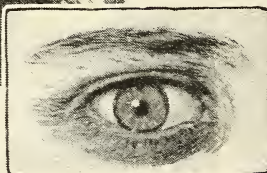


Side Lights Are Necessary for Mirror; a Centrally Placed Lamp, at the Left, Leaves the Face in Shadow, While Side Lights, at the Right, Illuminate the Face, and the Mirror Then Reflects the Illumination; Proper Shades Are Necessary with Side Lights to Diffuse the Glare





Above, Improperly Placed Kitchen Light Throws the Worker's Shadow in the Sink, While Correct Lighting Removes It, as at Bottom; Center Shows Eye Strained by Glare, and Below, a Normal Eye



flexibility and decorative value.

"Although the essential requirement of lighting in the home is the elimination of eyestrain, the decorative possibilities should not be overlooked. The most pleasing and comfortable effect is produced by skillfully combining utility and ornamentation.

"Artistic shades and colored lights are mediums of expressing individuality in furnishing the home. However, great care should be taken in the use of colored lights, in order not to defeat their real purpose. Colored lamps and dimly shaded lamps are not intended for reading and close work, for eyestrain is caused by improper and insufficient light."

Experts advise that the reading lamp should always be behind and slightly above the reader's head, so that the light will fall over the left shoulder of a right-handed person or the right shoulder of one who is left-handed. They warn against letting children study at a table lighted by a table lamp in the center, or a chandelier above the center, since the light rays falling on the white paper at

an angle will be reflected into the eyes. Most architects nowadays make careful provision when they design a house for plenty of outlets, both base plugs and wall and ceiling lights, yet in many homes the kitchen is neglected and no proper work lights provided. Kitchen fixtures, light engineers say, should include a central light in the ceiling, so that any shadows cast by it will be greatly foreshortened, and special work lights above the table, sink or kitchen cabinet. If the ceiling light is of the inverted type, and the ceiling and upper walls painted a light color, the special work lights can frequently be avoided, since the diffusion of the light and the absence of strong shadows will give an evenly distributed light even in the farthest corners.

The question of adequately distributed electric connections is one that should be carefully considered when planning a new house. The dining room needs side lights, properly shaded. The bathroom should have a ceiling light and wall lights beside the mirror; bedrooms may have ceiling and wall lights, and a bed-side lamp, if desired. Clothes closets and inclosed stairways, especially cellar stairs, should also be well lighted, to guard against accidental injuries.



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